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ABSTRACT

This brochure, directed towards pregnant women, describes the dangers of alcohol, street drugs, smoking, and prescription drugs or over-the-counter medicines. It presents a story (in the mother's words) of a woman who took drugs to get high while pregnant and the ill effects on her son. The brochure claims being drug free means being a better mother. It presents three promises for pregnant women to make to their babies: (1) not to drink alcohol or to take other drugs while pregnant; (2) to take good care of the baby and not use alcohol or drugs after the baby is born; and (3) to talk to a health care or social services worker if help is needed to stop using alcohol, cigarettes, or other drugs. The brochure concludes with the statement to "Give Your Baby Love, Not Drugs and Alcohol." (ABL)

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PREGNANT?
Drugs And Alcohol Can Hurt Your Unborn Baby

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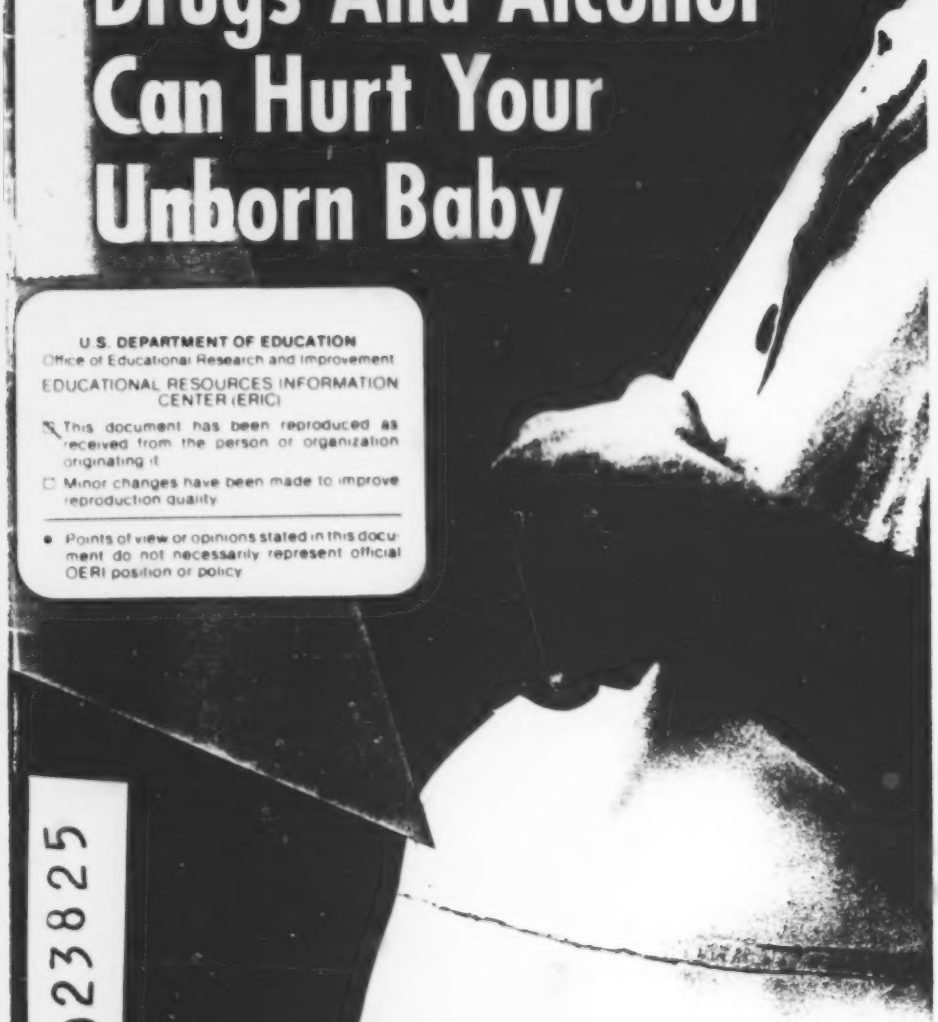

mise your baby
will not use drugs

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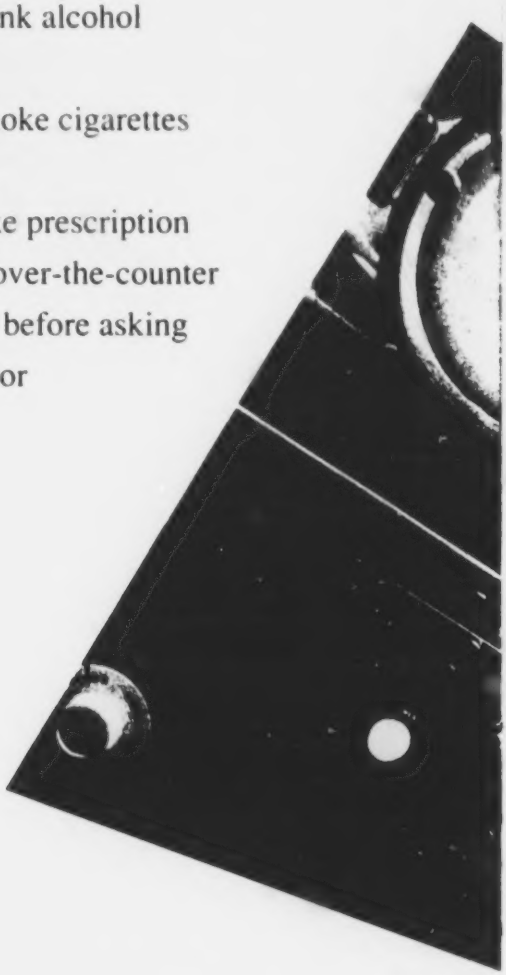
Pregnant?

Drugs and Alcohol Can Hurt Your Unborn Baby

Promise your unborn baby you will not use drugs or alcohol.

When you are pregnant:

- Don't use street drugs
- Don't drink alcohol
- Don't smoke cigarettes
- Don't take prescription drugs or over-the-counter medicine before asking your doctor



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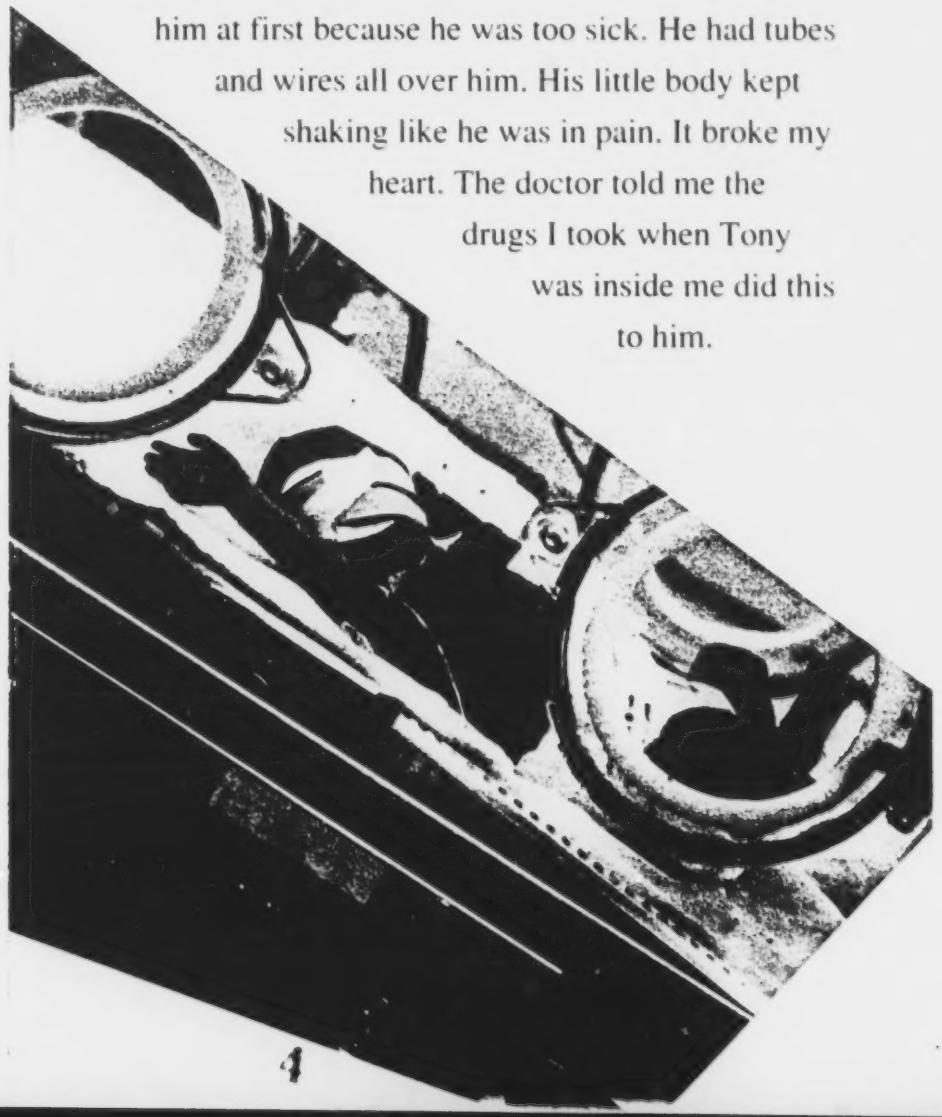
Debbie's Story

What Drugs Do To A Baby

I took drugs when I was pregnant with my son Tony. All kinds of drugs! I never thought about what would happen to Tony. I only wanted to get high. When Tony was born, I saw what the drugs did to him.

Tony was born too soon and almost died. He was so tiny he could not breathe by himself. He had to stay in the hospital a long time. He had to be in a special box, called an incubator, to keep warm. I could not hold him at first because he was too sick. He had tubes and wires all over him. His little body kept shaking like he was in pain. It broke my heart. The doctor told me the drugs I took when Tony was inside me did this to him.



When I got
Tony home,
all he did was
cry. I thought I
would go crazy.
He was twitching
and screaming.
He would not let
me cuddle him.
The doctor had to
show me a special
way to hold Tony so
he would stop crying.

The doctors do not know if Tony will be okay. They say he might never be normal. Only time will tell.

No one understands why some babies are hurt by drugs and others are not. My best friend used drugs while she was pregnant. Her baby seems healthy. I wasn't that lucky. You might not be either.

Both drugs and alcohol can hurt your unborn baby. If you use drugs or alcohol, please get help. In this booklet you will learn things that you can do for yourself

and your
unborn baby. Talk to
someone at the WIC clinic.
They will know where you can go
for help. Do not make the same mistake I did.

**Please listen to a mother who knows.
Do not take drugs or drink alcohol
when you are pregnant.**

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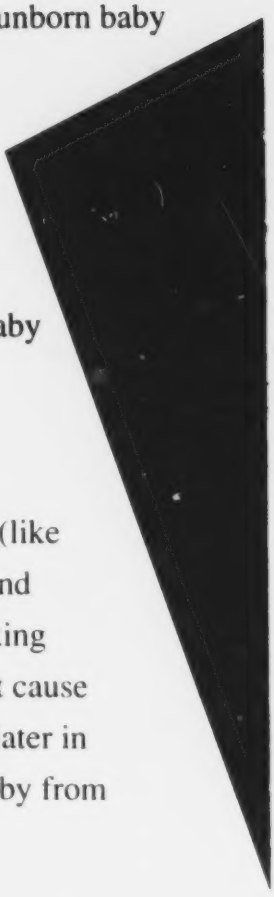
Street Drugs

Street drugs can make your unborn baby very sick. Your baby can get AIDS if you share needles. When you use any drug, it goes right to your baby. Some drugs harm the baby's blood vessels. The baby does not get enough air or food (nutrients).



Your baby develops organs (like the brain and heart), arms, and legs early in pregnancy. Taking drugs during this time might cause birth defects. Taking drugs later in pregnancy can keep your baby from growing enough.

Your unborn baby can become hooked on the drugs you take. After birth, a baby whose mother used drugs can

- be shaky
- have other signs of withdrawal
- be hard to take care of

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If you use street drugs when you are pregnant, your baby could be born

- too early
- too small
- weak

Your baby might be too small or sick to live.

If you use street drugs, stop now. Even if you use drugs only once in a while, your unborn baby can be harmed. Ask for help to stop using drugs. Quitting drugs any time in your pregnancy will help your baby. The sooner you quit drugs the better.

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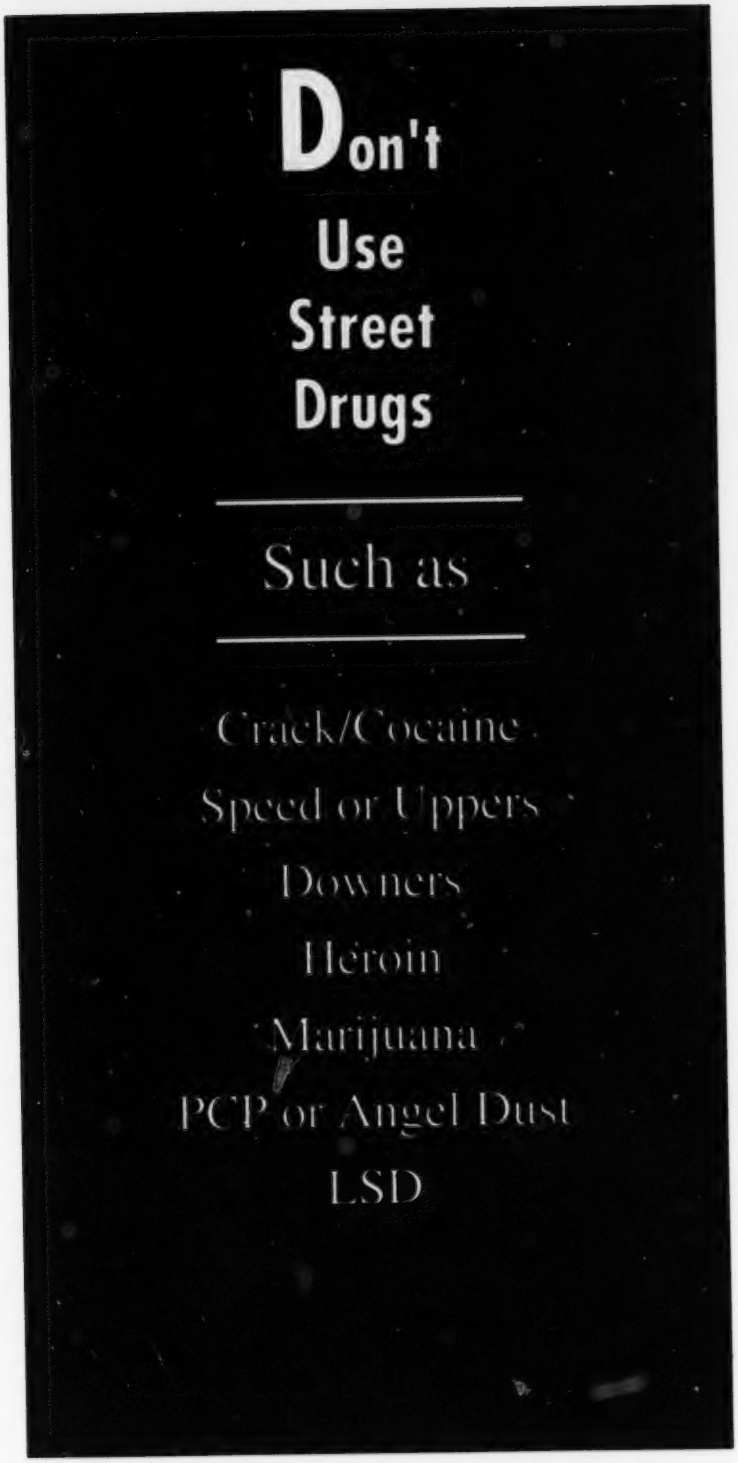
Don't
Use
Street
Drugs
Such as
Crack/Cocaine
Speed or Uppers
Downers
Heroin
Marijuana
PCP or Angel Dust
LSD

Alcohol

Drinking any type of alcohol when you are pregnant can be harmful. When you take a drink, your unborn baby does too. When alcohol reaches the unborn baby, it may harm the developing organs (like the brain and heart).

If you drink alcohol, you might have a child with "fetal alcohol syndrome," called FAS for short. Babies with FAS

- are small
- are slow or mentally retarded
- have deformed faces
- might have heart problems

Babies do not get over FAS. They have it for life.

Doctors don't know how much alcohol is safe. Choose not to drink while you are pregnant.

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Don't Drink Alcohol

Such as

Beer

Wine

Wine Coolers

Liquor

Mixed Drinks

Other Harmful Substances

Cigarette Smoke

Smoking cigarettes can also cause your baby to be born too early and too small. Smoking makes the blood vessels in your body become smaller. When this happens, less food (nutrients) and air reach the baby. The baby may not grow enough. Cutting down or quitting any time during your pregnancy will help your unborn baby. Talk to someone at the WIC clinic. They will know where you can go for help. The sooner you quit the more healthy your baby can be.

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Certain Medicines

Some medicines can also harm your unborn baby. These include drugs your doctor prescribed for you before you were pregnant. They also include over-the-counter medicines that you can buy in the drug store.

Be sure to ask your doctor first before taking any medicine now that you are pregnant.

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Check With Your
Doctor
Before You Take:
Prescription Medicines
Cold Pills
Cough Medicine
Aspirin
Laxatives
Sleeping Pills
Allergy Medicine
Diet Pills
Any Other Medicine

Drug Free Means Being A Better Mother, Too

It is important to stay away from alcohol and other drugs after your baby is born, too.

Breastfeeding is good for your baby. Breast milk is the best food to help your baby grow. When you breastfeed, it is best to avoid cigarettes, alcohol, and street drugs. You should also check with your doctor before taking any prescription drugs or over-the-counter medicine.

Your baby needs all your love and attention. A mother who abuses alcohol or uses street drugs may not care for her baby properly. She may forget to feed, wash, and change her baby. The health and well-being of your baby depend on you.

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My Three Promises To My Baby:

1 I will not drink alcohol or take other drugs when I am pregnant. I do not want to hurt my unborn baby.

2 I will take good care of my baby. I will not abuse alcohol or use drugs after my baby is born.

3 I will talk to someone in the WIC office, a doctor, or other health care or social service worker if I need help to stop using alcohol, cigarettes, and other drugs.

The number the WIC counselor gave me to call for help is: _____.

Give Your Baby Love, Not Drugs And Alcohol

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The Special Supplemental Food Program for Women, Infants, and Children (WIC) is open to all eligible persons regardless of race, color, national origin, age, sex, or handicap.

VOICE